



Mobile Phone & Web Applications to Support Mental Well Being



Community Mental Health Advice & Listening Helpline for Wales

Freephone 0800 132 737
or TEXT HELP to 81066



Mind

Freephone 0300 123 3393
www.mind.org.uk



here for you 24/7

Shout

24/7 Free Crisis Text Service
Text: 85258



Cruse Cymru

Bereavement Support
Tel: 02920 886913
www.cruse.org.uk



Education Support Partnership

Helpline for educational staff
Tel: 0800 562561

Swansea Bay University Health Board Self Help Guides

Local resources and services, NHS Well-being courses, and support groups.
www.selfhelpguides.nth.nhs.uk/abmu



In-work Support
Tel: 0845 601 7556
Email: wtw@wales.nhs.uk



ACAS

Free impartial advice for employees
Tel: 0300 123 1100
www.acas.org.uk



Remploy

Employee mental health support service
Tel: 0300 456 8114
Email: a2whmss@remploy.co.uk



Putting ability first

Able Futures

Employee mental health support
Tel: 0800 321 3137
www.able-futures.co.uk



SAM is an app that offers a range of self-help methods for people who are serious about learning to manage their anxiety.



Self Help guides for 25 common mental health issues from anxiety, depression and panic to anger, domestic violence and sleeping problems. The guides contain useful tip and hints as well as self-help techniques.



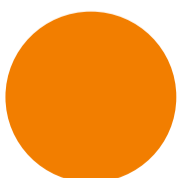
Calm Harm is an app designed to help people resist or manage the urge to self-harm. It's private and password protected.



The **AIMS** app provides education about anger, anger tracking, and tools to help manage angry reactions.



Elefriends app is a supportive online community from the mental health charity MIND.



Headspace app helps you to learn the life-changing skills of meditation in just a few minutes a day.

Calm app helps reduce stress, anxiety, and more restful sleep with guided meditations, Sleep Stories, breathing programs and relaxing music.



Podcasts are an audio file that can be downloaded and listened to on your mobile device.



7 Cups: Anxiety & Stress
Get emotional support anytime, anywhere from trained listeners. This app gives you the help you need, fast and free, in a way that fits your life.



The practical and easy-to-use app from **Drinkaware** helps you understand the impact of your drinking, and supports you to change your habits for the better.



The **iPrescribe Exercise** app creates a 12-week exercise plan. It helps improve your overall health, but can also be used to manage a number of long-term health conditions and help those at risk of developing them become more active.



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